



From
strength to
strength



Chrysalis at Tynedale
Annual review 2012/13



Give up on our hobbies because of dementia....?

We don't think so!

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This annual review was written and designed free of charge for Chrysalis by Word Doctor www.worddoctoronline.com

Our aim

Chrysalis is a club for people with memory problems or dementia, their families and friends, and volunteer supporters.

Members with dementia enjoy tutored activities and days out with one-to-one support. Family members get sensitive support and time out of the daily routine. We hope to change some perceptions of dementia, by focusing on similarities, rather than differences.



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The story so far...



A Japanese delegation came to see us this year.

“Chrysalis is a lifeline to
our family.”
Chrysalis member

We formed Chrysalis at Tynedale in 2010 when a successful art class for people with dementia came to an end. The members of the class and their families wanted it to continue. In focusing on individuals and their abilities, they felt it fulfilled a need that was not being met by standard day care services.

The group joined together with three people who have extensive management experience in specialist dementia care. They formed a board and Chrysalis was born.

Since then, we have gone from strength to strength, steadily building up our membership (we reckon we have reached hundreds of people, one way and another) and providing a range of tutored activities each week, suggested by members. Along the way, we've learned more about dementia and families' needs. We've recruited a growing band of volunteers who provide one-to-one support, and continually added to our mix of activities. We've developed our fundraising, worked with other agencies and begun to get ourselves noticed. And we've had lots of fun too.

This year we've continued to grow and innovate. We hope you will continue to support us as we take things even further in the year ahead.



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What's new

We have delivered on the plans we set out in last year's annual report – and also added some extra achievements:

- we have continued with our two days' a week of activities, adding in some new activities and some great days out
- there have been 96 sessions this year, with an average of 6.5 people attending each one
- we have built on our relationships with other organisations, for example linking up with the memory clinic at the Fairnington Centre, the Alzheimer's Society and Dementia Care
- our hands-on activity volunteers have grasped the opportunity to help direct the way we run things, and are now active members of our planning sessions
- we are now members of the committee of the TORCH centre, where our activities are held
- we've held various fundraising events, and also attracted grants to help take us forward
- we want all our members to be involved in crafting Chrysalis, so we held an internal communications survey this year to find out how our volunteers feel. 100 per cent of them said they were proud to be involved in Chrysalis – a resounding statement that speaks for itself!



Activities give members things to do and to keep.

"I thought this place would just be a bunch of boring old farts, but it's far from that."
Chrysalis member



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Benefits for members

There are two big things we like to emphasise for Chrysalis members.

One is that when someone becomes a Chrysalis member, the whole family is involved. This means everyone can be part of things, contribute, have a say and see how the person they care about is getting on. Family members can come to sessions, take time out, or get involved even if they're at a distance or work all day. It also means we are here to help anyone in the family at any stage of their journey from pre-diagnosis until after death. Our members have one-to-one support and home visits when they need them.

The other point is that members don't need to be regular attendees at the sessions. We include people as members until they tell us they don't need us any more, even if their circumstances mean we haven't seen them for a while.

Meanwhile, the classes – taught by professional tutors – continue to stimulate and engage those members who come along. Leatherwork, art, pottery, indoor golf, gardening, games, singing – there's something for everyone, whatever their interests. As well as learning new things, members get to socialise and have a good laugh in a safe, non-judgemental environment.



Members and their families arrive for a day out.

“People don't care
about your disability
here.”

Chrysalis member



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Our volunteers

Our volunteers give members one-to-one support in all our activities. We have behind-the-scenes volunteers too, who look after our finances, fundraising and communications.

They are a fantastic bunch of people, devoting their time to help people with memory problems or dementia. But they all get something important in return. Some are continuing to use their professional skills and giving something back in retirement. Some are building up their work experience and getting useful skills to add to their CVs or personal statements, while others are doing their Duke of Edinburgh community involvement awards. Everyone gets training and mentoring from the experienced care professionals on our board and the chance to get involved in a variety of ways. Added to that, there are great friendships to be made and lots of fun to be had.

This year, we have introduced volunteer forums, at which volunteers can share their thoughts on how best to run sessions. This has led to them taking a much more proactive role, building up their confidence and abilities in the process. We have been given some grant funding to recruit and support more volunteers, and our existing volunteers will be part of that process. They have already worked hard to develop a volunteer/tutor charter.



Volunteer Bob gets into the spirit at Beamish.

"We're having a mint time volunteering for Chrysalis."
Young Chrysalis volunteer



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Our tutors and classes

All our classes are run by professional tutors, paid out of the money we collect for sessions and subsidised through our fundraising activities. Our tutors are highly talented experts in the fields of art, greenhouse gardening, golf, leatherwork and pottery.

Every one of our sessions challenges the notion that people with dementia can't learn and enjoy new things. Our members can and do concentrate, learn and have fun, as long as there are no distractions and the delivery is clear. We make sure all our tutors understand this.

This year we have introduced the wonderful new activity of indoor golf. It is hugely popular with members. Everyone can play, whatever their ability or mobility. We have held mixed sessions with young people from a local school and these have proved extremely successful. We have also had trips to Matten Hall to try outdoor golf, again very successfully.

Other trips out this year have included visits to the Bird of Prey centre at Kielder and Beamish Museum.



Golf tutor Janet gives Robin tips on his swing.

"I get so much out of working with the group – it's a great thing you're doing." Chrysalis tutor



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Our board

Our board contains a mix of people, including family members, dementia care management professionals, volunteers, a finance director and communications specialist.

Most of us have personal experience of caring for family members with dementia, and we all share the desire to help other families touched by the disease to make the very best of dementia. We learn from our members and adjust what we offer to provide what they want to do in the way they want to do it.

As a small, experienced team we can really get things done.



Board member Rosie gets involved in leatherwork.

"I am learning from people who have dementia and their families."
Chrysalis member



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Our funders

Chrysalis at Tynedale is not funded by statutory services, and is completely dependent on contributions from generous donors like:

- Isos (formerly Milecastle Housing)
- Alex Norval (Norvalex)
- St John Lee Church, Acomb
- Margaret Miller
- Tina and Phillip Dearle
- Jean Holder
- Soroptimist International of Tynedale
- Hexham Flower Club
- Margaret Murphy
- Bellingham Community Fayre
- Derek and Jean Oxford.

This year, Hexham Flower Club and Soroptimist International of Tynedale kindly adopted Chrysalis at Tynedale as their charity of the year.

Fundraising events we held included:

- a lunch and talk with Soroptimist International of Tynedale at Queen Elizabeth High School
- a lunch and accessories sale at the Boatside Inn with the Soroptimists
- a table top sale at the TORCH centre
- a book sale with the Soroptimists at Tyne Green Golf Club.



Young and old having a laugh at indoor golf.

"It gives me a sense of 'giving back'." Chrysalis survey respondent



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Supporting families

This year we started our family members' group, which meets every month. Here people share their experiences and ideas, and hear from expert speakers, such as solicitors, doctors and care managers.

Some of our family members have also set up informal spin-off groups to support each other through particular situations, such as when a loved one goes into residential care.

Community matters

We work with local organisations, such as MindActive in Bedlington, which hosts our members to a music and social event once a month, and Dementia Care Partnership, whose members are welcome to our own singing sessions. This year we have linked up with:

- Samaritans, who gave us valuable training in active listening
- Alzheimer's Society
- Minsteracres
- Dementia Care
- Northumbria University
- ADAPT
- Hexham Abbey.



Frances tries on the props at Beamish.

"I can always see what's happening with Chrysalis, because you're on Facebook."
Care professional



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Our accounts

Income and expenditure account For the year ended 31 March 2013

Income	Year ending 2013		Year ending 2012	
	£	£	£	£
Funding	542		9,850	
Donations	1,538		1,582	
Sponsorship	0		500	
Fundraising	1,119		2,087	
Session Fees	3,843		3,359	
		7,040		17,458
Expenditure				
Room Hire	1,311		1,314	
Tutor fees	2,780		2,882	
Volunteer expenses	6,082		5,788	
Insurance	227		220	
Transport costs	59		230	
Marketing and Publications	245		1,788	
Events	501		21	
Printing, Postage and Stationery	85		291	
Equipment costs	580		32	
Telephone	0		140	
Gifts	18		52	
Refreshments	485		242	
Materials	178		80	
		(12,588)		(12,840)
Surplus(Deficit) for the period		(5,528)		4,608
Surplus brought forward		7,680		3,051
Surplus to carry forward		2,132		7,680
Represented By				
Cash in Bank		1,735		7,520
Cash in Hand		387		230
Unpresented cheques		0		(80)
		2,132		7,680

Approved by the board on 14 August 2012

Rosemary Robson
Chair Person

David Greenwood
Treasurer



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Our plans for 2013/14

We are planning several things for this year and we're confident we'll achieve our goals.

- We are developing a strategy to recruit more volunteers at all levels of the organisation, and also to manage and develop our existing volunteers. As part of this, we are working with Newcastle University to offer volunteering placements for students studying psychology.
- We are continually looking at new ideas for our classes, such as creative writing, photography and archery.
- We're building up contacts with other musicians in the area to take our singing and music sessions to new levels.
- We will be aiming to secure more funding to cover our core costs.
- We intend to develop our local networks even more, so people know who we are and what we are about.
- We will review our policies and procedures.
- We want to develop a marketing strategy and hold a publicity drive to recruit more members and more volunteers.



Jack and Elizabeth celebrate 59 years together.

"We'd like practical, helpful support when we need it – not just a load of leaflets and forms to fill in." Chrysalis member



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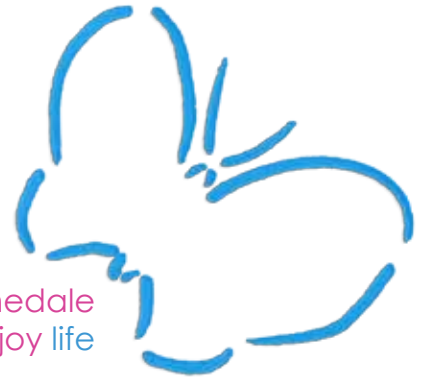


Margaret enjoys pottery with support from Tina.

- We will continue our bi-monthly volunteers forums with training to make sure all our volunteers feel supported and comfortable in their role.
- We will continue to hold sessions for our family members, tutors and volunteers to help them understand memory loss and dementia, empathise with people experiencing it and communicate sensitively with them. We regard our members and tutors as ambassadors who are each helping to change general perceptions of dementia every time they talk to someone else about their Chrysalis experiences.
- We want to build on our successful inter-generational indoor golf sessions, and find other ways to bring young people at school and university together with people with dementia.
- We have held several strategy days and are now working on a detailed five-year plan.

“What a lovely bunch of
people here.”
Chrysalis member

Chrysalis at Tynedale
remembering to enjoy life



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This annual review was
written and designed free of
charge by Word Doctor
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Robin turns model in the leatherwork class.

“We don't send people
away with a lot of leaflets
– we find ways of making
things better, right now...”
Chrysalis volunteer